



Dear Parent,

We are excited to offer Children Inspired by Yoga with Tatty Bumpkin and Tatty Guroo classes, a yoga programme for children.

Developed by yoga teachers, educationalists, paediatric physiotherapists and musicians.

What is a Tatty Bumpkin Session?

Children Inspired by Yoga sessions are fun and active!

Bring mindful movement in to your child's day.

Experiencing moments of stillness and relaxation.

Weekly 'What I did in my class today' sheets are provided giving guidance from our paediatric physiotherapist.

Yoga has many benefits ...

- has a positive impact on the WHOLE child promoting physical, mental and emotional well-being - so important for future happiness and independence
- builds early cognitive skills such as attention, concentration, comprehension & memory
- supports self-regulation – your child can find their 'just right' state of alertness for learning.
- develops body awareness & spatial reasoning skills.
- can be enjoyed by EVERY child. Yoga progresses fundamental movement skills, meaning children can approach other sports with improved competence & confidence.
- provides children with practical strategies for reducing feelings of anxiety

If you would like to find out more please visit

<https://childreninspiredbyyoga.com/seoxfordshire/>